



MUJAHID SURVIVAL AND EVASION GUIDE



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INTRODUCTION

Praise be to Allah, the Lord of all worlds, and may peace and blessings be upon the Seal of the Prophets and Messengers, our master and prophet, the intercessor on the Day of Judgment, Muhammad, peace be upon him and his family and companions. Your brothers at Al-Saqri Foundation for Military Sciences present to you today what Allah has bestowed upon them of acquired knowledge, from specialized books and practical experience, a comprehensive guide that they share with their fellow mujahideen in every corner of the earth, hoping it may help them survive the kuffar and avoid them. The following guide is presented to you, our brothers in tawhid, providing instructions that enable survival in any environment, Allah willing, and avoiding attacks from enemies of Allah, in the hope that it will assist you in planning, preparation, execution, and avoiding capture by the permission of Allah.

After trust in Allah Almighty, the success of a mujahid in the field depends on his ability to adapt to harsh conditions and his knowledge in providing immediate medical assistance when needed. The Almighty says: «And whoever fears Allah - He will make for him a way out * And will provide for him from where he does not expect. And whoever relies upon Allah - then He is sufficient for him. Indeed, Allah will accomplish His purpose. Allah has already set for everything a [decreed] extent.» (At-Talaq: 2-3). Omar ibn Al-Khattab, may Allah be pleased with him, reported that he heard the Prophet, peace be upon him, saying: «If you were to rely upon Allah with the reliance He deserves, He would provide for you just as He provides for the birds. They go out hungry in the morning and return full in the evening.» [Narrated by At-Tirmidhi, Ibn Majah, and Ahmad].



Therefore, it is incumbent upon the mujahid to set before his eyes that the essence of his continuity lies not only in the extent of his practical ability to survive but rather the head of that survival and its secret lies in relying on Allah, the Almighty. This guide includes information for our fellow mujahideen, drawn from specialized books and studies as well as the experiences of our fellow mujahideen in various parts of the world. Before getting into the specifics, a mujahid must grasp the core principles of survival and evasion, after replying on Allah Almighty:

Immediate Actions:

- Assess the immediate situation before taking action.
- Seek a concealed site.
- Evaluate and treat medical conditions.
- Sanitize area; hide equipment left behind.
- Apply personal camouflage.
- Move away from concealed site, zigzag pattern recommended.
- Use terrain for advantage, communication, and concealment.
- Find a secure shelter.

Concealment:

- Adequate concealment, from ground and air.
- Safe distance from enemy positions and lines of communications.
- Identify multiple avenues of attack/approach and escape.
- Protection from the environment.
- Possible communications/signaling opportunities.
- Stay alert, maintain security.
- Drink water.

**Shelter:**

- Reassess situation; treat injuries, then inventory equipment.
- Review plan of action; establish priorities.
- Determine current location.
- Improve camouflage.
- Focus thoughts on tasks at hand.
- Execute plan of action, staying flexible.

Movement:

- Travel slowly and deliberately.
- Do not leave evidence of travel; use noise and light discipline.
- Stop, look, listen, and smell; take appropriate actions.
- Move from one concealed area to another.
- Use evasion movement techniques.



CONCEALMENT AND CAMOUFLAGE

In a survival scenario, effective camouflage of yourself, equipment, and movement becomes crucial. It can be the decisive factor between survival and capture. Camouflage and movement techniques, including stalking, also enhance your ability to procure food using primitive weapons and skills.

Personal Camouflage:

When camouflaging, be mindful of human-specific shapes, such as hats, helmets, or black boots, which can easily reveal your presence to the enemy. Even animals instinctively recognize and flee from the human silhouette. Break up your outline by incorporating small amounts of local vegetation into your uniform, equipment, and headgear. Minimize skin and equipment shine, and seamlessly blend into the surrounding colors while mimicking the texture of your environment.

Shape and Outline:

Modify the weapons and equipment outline by affixing vegetation or cloth strips. Ensure that the added camouflage does not impede equipment functionality. When concealing, use leaves, grass, or local debris to cover both yourself and your equipment. Conceal any prepared signaling devices, while keeping them easily accessible for use.

Color and Texture:

Different regions and climates have distinct color patterns and textures. Color is self-explanatory, while texture refers to the surface characteristics of an object.



Surface textures can range from smooth or rough to rocky or leafy. Employ a combination of color and texture for effective camouflage. Avoid mismatched choices, such as covering yourself with dead, brown vegetation in a grassy field or using green grass as camouflage in a desert or rocky terrain. Concealing movement requires adopting the colors and textures of the surroundings using materials like camouflage paint, charcoal, mud, grass, leaves, cloth, burlap/jute, pine boughs, or camouflaged uniforms.

- Ensure all exposed skin areas, such as the face, hands, neck, and ears, are covered with camouflage paint, charcoal, or mud. Darken protruding areas like the forehead, nose, cheekbones, chin, and ears, while using lighter colors in recessed or shaded regions, such as around the eyes and under the chin. Employ an irregular pattern for optimal concealment.
- Attach vegetation from the area or strips of cloth of the appropriate color to clothing and equipment, remembering to replace vegetation periodically as it dries out and dies. Stay attentive to color changes in your surroundings as you move through an area, adjusting your camouflage accordingly.

Shine:

As skin becomes oily, it turns shiny. Equipment with worn-off paint is also shiny. Smooth, painted objects can shine too. Cover these items when not in use, as anything shiny attracts attention and reveals your location. Skin oil washes off camouflage, so reapply it frequently. If you wear glasses, camouflage them by dusting the outside with a thin layer to reduce light reflection. Camouflage shiny spots on equipment by painting, applying mud, or using cloth or tape. Focus on covering boot eyelets, equipment buckles, watches, jewelry, zippers, and uniform



insignia. Keep a signal mirror in its pouch or a pocket with the mirror facing your body to minimize reflections.

Shadow:

When concealing yourself or moving discreetly, opt for the darkest areas within shadows, avoiding the lighter outer edges. In vegetation-rich areas, keep as much foliage between you and potential enemies to make it difficult for them to see you. This will partially mask you and fatigue their eyes by forcing them to look through layers of vegetation.

During movement, especially in built-up areas at night, be mindful of where your shadow falls to avoid revealing your position. Additionally, in dark shadows with a light source to one side, be cautious as the enemy on the other side can see your silhouette against the light.

Movement:

Fast movement attracts attention, especially in the presence of an enemy. If capture seems imminent and you need to move, do so slowly and quietly to minimize noise. Moving slowly in a survival situation reduces the risk of detection and preserves energy for long-term survival or evading over long distances. Avoid going over obstacles when moving past them. If you must climb over, keep your body level with the top to avoid silhouetting yourself. Don't silhouette against the skyline when crossing hills or ridges. Detecting others' movement becomes challenging while you're in motion, so stop frequently, listen, and scan slowly for signs of hostile activity.



Noise:

Avoid noise, especially sequences of noises like snapping twigs. Minimize movement noise by slowing your pace when necessary, and if possible, avoid making any noise at all. Utilize background noises, such as aircraft, trucks, generators, wind, or people talking, to cover your movements. Rain can mask movement noise but reduces your ability to detect potential enemy sounds.

Scent:

While traveling, rely on your sense of smell to detect or avoid humans. Be attentive to scents associated with humans like fire, cigarettes, gasoline, oil, soap, and food, which may signal their presence before you see or hear them, depending on wind speed and direction. Take note of the wind's direction and, when possible, approach from or circle around on the downwind side when approaching humans or animals.

Concealment of Movement:

A moving object is easy to spot. If movement is necessary:

- Utilize natural cover for masking.
- Restrict to periods of low light, bad weather, wind, or reduced enemy activity.
- Avoid silhouetting.
- At irregular intervals, stop at a point of concealment, and look, listen, and smell for signs of activity like smoke, tracks, roads, vehicles, aircraft, wire, buildings, and so on.
- Watch for trip wires or booby traps and avoid leaving evidence of travel.
- Check clothing and equipment for items that could produce noise during



movement.

- Hide signs of your journey.

The following are guidelines for effectively hiding signs of your journey:

- Avoid disturbing vegetation above knee level.
- Do not break branches, leaves, or grass.
- Use a walking stick to gently part and restore vegetation.
- Refrain from grabbing small trees or brush to prevent scuffing bark or creating noticeable movement, especially in snow, where it reveals your route.
- Choose secure footing. Carefully place the foot lightly but squarely on the surface to avoid slipping and be cautious not to overturn ground cover, rocks, and sticks.
- Return plants and sticks to their original state if you were forced to move anything.
- Avoid making noise by breaking sticks (using cloth around feet can help muffle sound).
- Utilize solid surfaces (logs, rocks, etc.) to minimize evidence.
- Secure and hide any trash or equipment you leave behind.
- If pursued by dogs, focus on evading the handler.



SHELTERS

When searching for a suitable location for shelter, consider the specific type of protection required. Additionally, take into account:

- How much time and effort you need to build the shelter.
- If the shelter will adequately protect you from the elements (sun, wind, rain, snow).
- If you have the tools to build it. If not, whether you can make improvised tools.

When choosing the location and form of a shelter, it is necessary to follow some basic principles that can provide the maximum possible safety while staying in the shelter, including:

- Blend with the surroundings.
- Maintain a low silhouette.
- Adopt an irregular shape.
- Keep size minimal and choose a secluded location.
- Choose a shelter area that is least likely to be searched, like rough terrains.
- Avoid valleys and low-lying areas that may be prone to winter rain floods.
- Provides escape routes (do not corner yourself).
- Location and shape of shelter not detected from the air.



Types of Shelters:

Desert Shelters: Create a shelter efficiently in arid environments by utilizing available materials like canvas, or any other suitable material, along with natural terrain features such as rock outcroppings, sand mounds, or depressions between dunes or rocks.

For rock outcroppings, anchor one end of the available material on the edge of the outcrop using rocks or other weights and extend and anchor the other end for optimal shade. In sandy areas, build a mound of sand or use the side of a sand dune for one side of the shelter, anchor one



end of the material on top of the mound using sand or other weights, and extend and anchor the other end of the material so it provides the best possible shade.

Note: If you have enough material, fold it in half and form a 30-centimeter to 45-centimeter airspace between the two halves. This airspace will reduce the temperature under the shelter.

belowground shelter:

A belowground shelter can lower midday temperatures by 16 to 22 degrees Celsius, but building it is more time-consuming and requires more effort. Since your physical effort will make you sweat more and increase dehydration, construct it before the day heats up.

**Lean-To Shelter:**

Build a quick lean-to with minimal equipment such as a poncho or rain cover, 2-3 meters of rope, three 30-centimeter stakes, and two trees or poles 2-3 meters apart. Choose trees or poles with consideration for wind direction, ensuring the lean-to faces into the wind.

Enhance security by reducing the lean-to silhouette by making two changes: tie support lines at knee height (not at waist height) using knee-high sticks in the center grommets, and angle the poncho to the ground, securing with sharpened as illustrated above.

**Makeshift Tent:**

This tent is compact and shields you from the elements on two sides. However, it offers less space and visibility compared to a lean-to, which may reduce your ability to detect enemies quickly. To create this tent, gather a poncho, two ropes (1.5 to 2.5 meters each), six sticks (about 30 centimeters long), and find two trees spaced 2 to 3 meters apart.



**One-Man Shelter:**

You can create a simple one-person shelter using a parachute, a tree, and three poles. One pole should be about 4.5 meters in length, while the other two should be around 3 meters long.

Field-Expedient Lean-To:

If you are in a wooded area and have enough natural materials, you can make a field expedient lean-to without the aid of tools or with only a knife. Although it takes more time compared to other shelters, this type provides protection from the elements.

To create this shelter, gather two trees (or upright poles) spaced about 2 meters apart. You'll also need one pole measuring about 2 meters in length and 2.5 centimeters in diameter. Obtain five to eight poles, each around 3 meters long and 2.5 centimeters in diameter, to serve as beams. Use cord or vines to secure the horizontal support to the trees. Additionally, collect extra poles, saplings, or vines to crisscross and complete the structure.





Natural Shelters:

Consider natural formations like caves, rocky crevices, bush clusters, depressions, leeward-side large rocks, trees with low-hanging limbs, and fallen trees with thick branches for shelter. However, when selecting a natural formation, avoid low ground like ravines, narrow valleys, or creek beds, as low areas collect the heavy cold and thick, brushy, low ground also harbors more insects. Check for poisonous snakes, ticks, mites, scorpions, and stinging ants. Watch for loose rocks, dead limbs, or natural growth that could fall on your shelter.

Debris Hut:

For warmth and ease of construction, this shelter is one of the best. When shelter is essential to survival, build this shelter.



To build a debris hut:

- Create a tripod using two short stakes and a long ridgeline or rest one end of the ridgeline on a sturdy base.
- Secure the ridgeline either with the tripod or by anchoring it to a tree at waist height.



- Place large sticks along both sides of the ridgepole for a wedge-shaped ribbing effect wide enough for your body and steep enough to shed moisture.
- Lay finer sticks and brush crosswise on the ribbing to form a latticework preventing insulating material from falling through.
- Add at least a 1-meter thick layer of light, dry, and preferably soft debris as insulation.
- Place a 30-centimeter layer of insulating material inside the shelter.
- Pile insulating material at the entrance for closing it from inside or to build a door.
- Finally, add shingling material or branches on top of the debris layer to prevent it from blowing away in a storm.



NAVIGATION

Determine your general location by:

- Developing a working knowledge of the operational area: Geographic checkpoints, man-made checkpoints, previous knowledge of operational area.
- Using the Rate x Time = Distance formula.
- Using information provided in the map legend.
- Using prominent landmarks.
- Visualizing map to determine position.

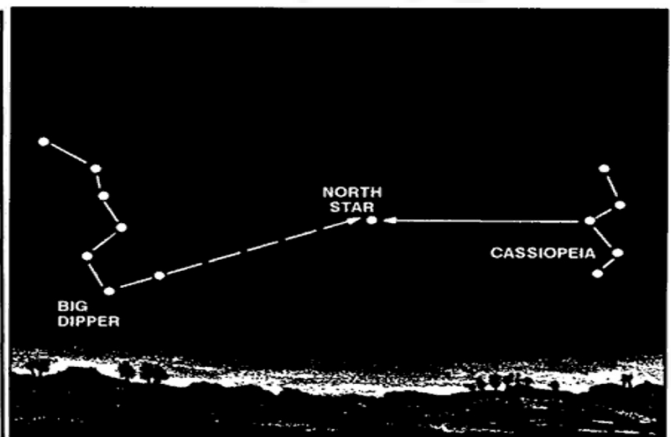
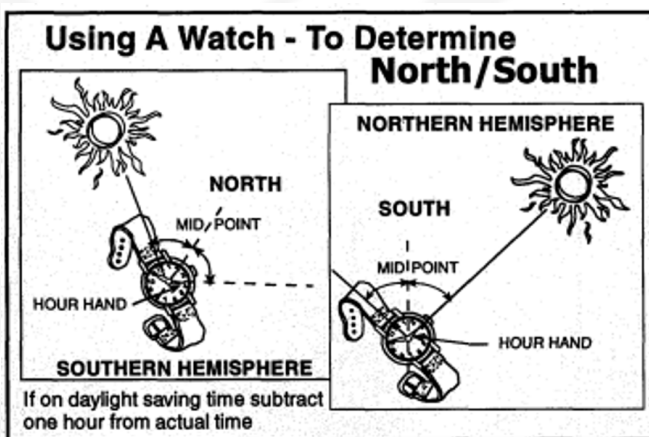
Determine cardinal directions (north, south, east, and west) by:

- Using a compass.
- When a compass is not available, the methods that follow are not highly accurate and provide only a general sense of cardinal direction:
 - Using the stick and shadow method to determine a true north-south line.
 - Remembering the sunrise/moonrise is in the east and sunset/moonset is in the west.
 - Using a wristwatch to determine general cardinal direction. With digital watches, visualize a clock face on the watch. Northern Hemisphere: Point hour hand at the sun, south is halfway between the hour hand and 12 o'clock position.



Southern Hemisphere: Point the 12 o'clock position on your watch at the sun, north is halfway between the 12 o'clock position and the hour hand.

- North Star is used to locate true north-south line - Southern Cross is used to locate true south-north line.





FIRES

CAUTION: Weigh hazards and risks of detection against the need for a fire.

Evasion considerations:

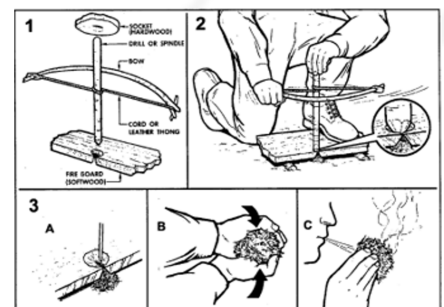
- Use trees or other sources to dissipate smoke.
- Use fires at dusk, dawn, or during inclement weather.
- Use fires at times when the local populace is cooking.

Fire Building:

The three essential elements for starting a fire are **heat**, **fuel**, and **oxygen**.

Heat sources:

- Matches or lighter.
- Flint and steel (experiment with various rocks and metals until a good spark is produced).
- Sparks from batteries.
- Concentrated sunlight (use magnifying glass or flashlight reflectors).
- Pyrotechnics, such as flares (last resort), etc.
- The friction method is another approach, though it come with a caution: Without prior training or practice, mastering this method is challenging and requires a lot of time to build the device.



**Fuel:**

Fuel is divided into 3 categories: tinder, kindling, and fuel (gather large amounts of each category before igniting the fire.)

- **Tinder.** Tinder must be very finely shaved or shredded to provide a low combustion point and fluffed to allow oxygen to flow through. (To get tinder to burn hotter and longer, saturate with Vaseline, insect repellent, aircraft fuel, etc.). Examples of tinder include cotton, candle (shred the wick, not the wax), plastic spoon, fork, or knife, foam rubber, dry grass, gun powder, pitch, and petroleum products.
- **Kindling.** Kindling must be small enough to ignite from the small flame of the tinder. Gradually add larger kindling until arriving at the size of fuel to burn.
- **Fuel.** Examples of fuel include dry hardwood (removing bark reduces smoke), bamboo (open chambers to prevent explosion), dry dung.





Types of Fire:

Tepee fire:

Use the tepee fire to quickly produce a concentrated heat source for cooking, lighting, or signaling.



Log cabin fire:

Use the log cabin fire to produce large amounts of light and heat for a long time.



Sod fire and reflector:

Use fire reflectors against rocks or logs for maximum warmth.





WATER

Drink extra water. Minimum 2 liters per day to maintain fluid level. Exertion, heat, injury, or an illness increases water loss. Note: Pale yellow urine indicates adequate hydration.

Water sources:

- Surface water (streams, lakes, and springs).
- Precipitation (rain, snow, dew, sleet)
- Subsurface (wells and cisterns).
- Snow or ice. DO NOT eat ice or snow. This lowers body temperature, induces dehydration, and causes minor cold injury to lips and mouth. Melt ice or snow.
- Groundwater: If no water is available, groundwater is inferred from the following:
 - Abundance of lush green vegetation.
 - Drainages and low-lying areas.
 - Presence of swarming insects indicates water is near.
 - Bird flight in the early morning or late afternoon might indicate the direction to water.

In addition to all sources previously mentioned, water sources in hot regions include plants with hollow parts that can collect moisture and transform it into water. Among these plants are banana trees.



Water Preparation and Storage:

Water from live plants requires no further treatment. Purify all other water by boiling at least 1 minute, pouring from one container to another to improve taste to aerate. If water purification tablets are available, follow instructions on the package.

Potable Water:

If unable to purify water, seek clear, cold, clean, fast-flowing sources (if possible), put the water in clear container and expose to the sun's ultraviolet rays to kill bacteria, and store it in a clean, covered, or sealed container.

Water Filtration:

If the water you find is also muddy, stagnant, and foul smelling, you can clear the water by:

- Placing it in a container and letting it stand for 12 hours. This will facilitate the settlement of particles, making it easier to separate the clean water from sediment.
- Pouring it through a filtering system. To make a filtering system, place several centimeters or layers of filtering material such as sand, crushed rock, charcoal, or cloth in bamboo, a hollow log, or an article of clothing. Remove the odor from water by adding charcoal from your fire. Let the water stand for 45 minutes before drinking it.



Note: These procedures only clear the water and make it more palatable. You will have to purify it.



FOOD

necessities permit the prohibited' (al-darurat tubih al-mahzurat), a fundamental principle derived from the saying of Allah Almighty: "And He has explained to you what He has forbidden to you, except what you are compelled to" [Al-An'am: 119]. Therefore, one does not commit kufr if they believe that what is normally forbidden becomes permissible in a state of necessity. Scholars have affirmed that prohibitions can be lifted under necessity, citing the example of allowing the consumption of carrion for someone in dire need. Some scholars have even obligated eating in the face of potential death. The basis for this allowance is the established principle: "Necessities permit prohibitions," which is also derived from Allah Almighty's statement: "And He has explained to you what He has forbidden to you, except what you are compelled to" [Al-An'am: 119], and His saying: "So whoever is forced by necessity, neither desiring it nor transgressing its limit, there is no sin upon him" [Al-Baqarah: 173], and His saying: "So whoever is forced by severe hunger with no inclination to sin, then indeed, Allah is Forgiving and Merciful" [Al-Ma'idah: 3].

According to the consensus of the early scholars, what is prohibited can be allowed under necessity, but with two conditions. The first condition is that one is compelled to the specific prohibition, meaning that there is no alternative that can avert the necessity other than the prohibited thing. If an alternative exists, then it remains impermissible even in the face of necessity. The second condition is that the necessity must be averted by the prohibited action; if the necessity can be averted by other means, then the prohibition persists. If there is doubt about whether the necessity is averted or not, the prohibition also remains in place. This



is because committing a prohibited act is a known harm, while the existence of the necessity is uncertain, and one does not violate a certainty for the sake of an uncertainty.

In critical situations that threaten survival, some sharia requirements may be temporarily suspended, as a kind of substitution, when there is a clear justification, such as preserving life. It is important to note that this principle has limitations and should be applied especially in life-threatening situations. After water, food is one of the most urgent human needs. Examples of the principle “necessities permit prohibitions” include eating carrion or pork in extreme circumstances when no alternative is available, and the fear of dying from hunger is imminent.

Forms of Food When Needed for Survival

Mammals: Mammals can be found by tracing paths leading to areas with water, as these regions are considered a source for these animals to obtain food and water, and they are likely to be present there.

Birds: To catch birds helps to know their habits. Some birds, like pigeons, can be caught by hand at night. During nesting season, certain species stay close to their nests, making them easier to approach. Knowing the nesting locations and habits of birds makes capturing them simpler. Birds usually follow specific paths from their roost to their feeding and watering areas. By observing these flyways, you can identify good spots for setting up nets to catch birds.

Roosting sites and waterholes are promising places for trapping or snaring. Birds can be found by observing the direction of flight in the early morning and late



afternoon (leads to feeding, watering, and roosting areas), and through listening for bird noises (indication of nesting areas).

Fish and other marine life: Fish provide a rich source of protein and fat, offering distinct advantages for survival. They are often more abundant and can be acquired silently. Understanding fish habits is crucial for successful fishing; for example, they tend to feed heavily before storms but avoid muddy waters after. Light attracts fish at night, and they seek shelter near rocks, deep pools, and submerged foliage during heavy currents. There are no poisonous freshwater fish (but some have fins that can cause painful puncture wounds). However, cook all freshwater fish to kill parasites. Fish obtained farther out at sea are safe to eat raw.

Reptiles and amphibians: Reptiles are a good protein source and relatively easy to catch. You should cook them, but in an emergency, you can eat them raw. Their raw flesh may transmit parasites, but because reptiles are cold-blooded, they do not carry the blood diseases of the warm-blooded animals.

Insects and Worms: Insects provide 65 to 80 percent protein compared to 20 percent for beef. Insects to avoid include all adults that sting or bite, hairy or brightly colored insects, and caterpillars and insects that have a pungent odor. As to worms, they are an excellent protein source. Dig for them in damp humus soil or watch for them on the ground after a rain. After capturing them, drop them into clean, potable water for a few minutes. The worms will naturally purge or wash themselves out, after which you can eat them raw if needed.



Procurement Techniques:

For an unarmed mujahid, or when the sound of a rifle shot could be a problem, trapping or snaring wild game is a good alternative. Several well-placed traps have the potential to catch much more game than a man with a rifle is likely to shoot. To be effective with any type of trap or snare, you must:

- Be familiar with the species of animal you intend to catch.
- Be capable of constructing a proper trap.
- Not alarm the prey by leaving signs of your presence.

There are no catchall traps you can set for all animals. You must determine what species are in a given area and set your traps specifically with those animals in mind. Look for the following:

- Runs and trails.
- Tracks.
- Droppings.
- Chewed or rubbed vegetation.
- Nesting or roosting sites.
- Feeding and watering areas.

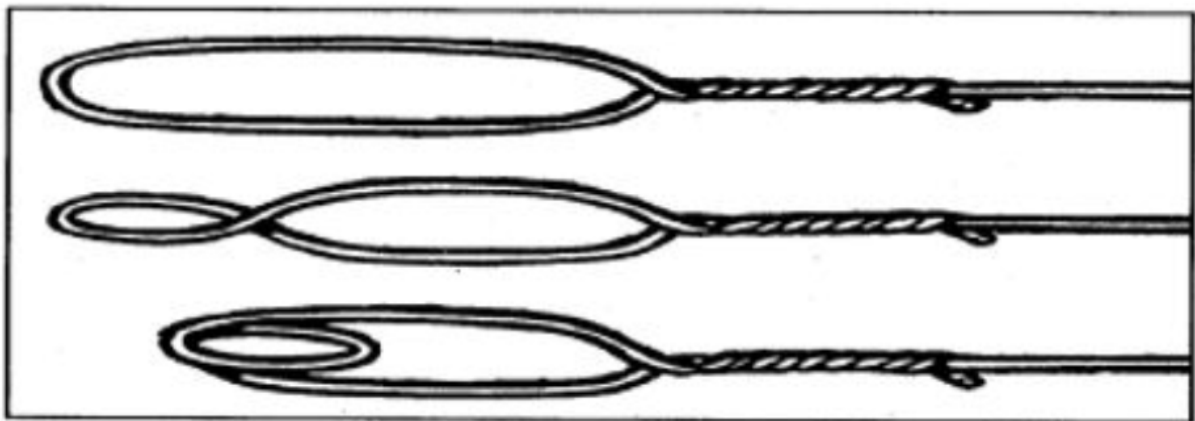
Baiting a trap or snare increases your chances of catching an animal. When catching fish, you must bait nearly all the devices. Success with an un-baited trap depends on its placement in a good location. A baited trap can actually draw animals to it. The bait should be something the animal knows. This bait, however, should not be so readily available in the immediate area that the animal can get it close by.



Snares and traps are trapping devices used for capturing or restraining animals. They are designed to work efficiently even when left unattended. Placing snares in feeding, bedding, and den areas to capture animals during vulnerable times—feeding, resting, or entering/exiting dens.

Construction of simple loop snare:

- Use materials that will not break under the strain of holding an animal.
- Use a locking loop (figure below) if wire is used.
- Once tightened, the wire locks in place, preventing reopening, and the animal's escape.
- To construct a squirrel pole use simple loop snares.
- Make noose opening slightly larger than the animal's head (3-finger width for squirrels, fist-sized for rabbits).



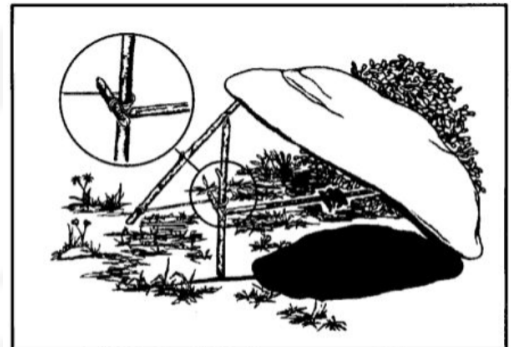


Types of Sticks to Capture Animals:

- Noose stick (easier and safer to use than the hands).
- Twist stick: Insert forked stick into a den until something soft is met, twist the stick, binding the animal's hide in the fork, remove the animal from the den. Be ready to kill the animal; it may be dangerous.

Traps:

This kind of trap uses a piece of cordage and a catch stick. It has the advantage of being easier to set. Tie one end of a piece of cordage to the lower end of the diagonal stick. Tie the other end of the cordage to another stick about 5 centimeters long. This 5-centimeter stick is the catch stick. Bring the cord halfway around the straight stick with the catch stick at a 90-degree angle. Place the bait stick with one end against the drop weight, or a peg driven into the ground, and the other against the catch stick. When a prey disturbs the bait stick, it falls free, releasing the catch stick. As the diagonal stick flies up, the weight falls, crushing the prey.



Hunting and fishing devices:

- Club or rock.
- Spear.
- Slingshot.
- Pole, line, and hook.
- Net.
- Trap.

**Precautions:**

- Wear shoes to protect the feet when wading in water.
- Avoid reaching into dark holes.
- Kill animals before handling. Animals in distress may attract the enemy.
- DO NOT secure fishing lines to yourself or the raft.
- Kill fish before bringing them into the raft.
- DO NOT eat fish with pines, unpleasant odor, pale, slimy gills, sunken eyes, flabby skin, or flesh that remains dented when pressed.
- DO NOT eat fish eggs or liver (entrails).
- Avoid all crustaceans above the high tide mark.
- Avoid cone-shaped shells

Plant Foods:

Plants are valuable sources of food because they are widely available, easily procured, and, in the proper combinations, can meet all your nutritional needs. Absolutely identify plants before using them as food. Poison hemlock has killed people who mistook it for its relatives, wild carrots, and wild parsnips. At times you may find yourself in a situation for which you could not plan. In this instance you may not have had the chance to learn about the plant life of the region in which you must survive. In this case you can use the edibility test (explained below) to determine which plants you can eat and those to avoid. It is important to be able to recognize both cultivated and wild edible plants in a survival situation. Most of the following information is directed towards identifying wild plants because information relating to cultivated plants is more readily available.



Remember the following when collecting wild plants for food:

- Wash plants near homes or roadsides thoroughly to remove pesticide residue.
- Boil or disinfect plants from contaminated water to eliminate parasites like Giardia lamblia.
- Avoid eating fruits showing signs of spoilage, mildew, or fungus.
- Exercise caution with plants of the same species, as toxic compounds can vary; for example, some chokecherry plants contain deadly cyanide compounds. Avoid plants with an almond-like scent.
- If sensitive to gastric distress, avoid unknown wild plants or products from related families like sumacs, mangoes, and cashews.
- Bitter edible wild plants, like acorns and water lily rhizomes, can be made palatable by boiling in multiple water changes to remove tannin compounds.

Preparation of Plant Food:

Cooking is essential for making certain plants or plant parts edible and palatable. Edible means providing necessary nutrients, while palatable means being pleasing to eat. Learning to identify, prepare, and consume wild foods is advisable. Methods for enhancing plant food taste include soaking, boiling, cooking, or leaching. Leaching involves crushing the food (e.g., acorns) and pouring boiling water through it or immersing it in running water. For leaves, stems, and buds, boil until tender, changing water if needed to eliminate bitterness. Tubers and roots can be boiled, baked, or roasted. Leach acorns in water if necessary to remove bitterness. Some nuts, like chestnuts, are good raw but taste better roasted. Many



grains and seeds can be eaten raw until they mature. When hard or dry, boiling or grinding them into meal or flour may be necessary.

Selection criteria:

- Before testing for edibility, ensure there are enough plants to make testing worth your time and effort. Each part of a plant (roots, leaves, stems, bark, etc.) requires more than 24 hours to test. DO NOT waste time testing a plant that is not abundant.
- Test only 1 part of 1 plant at a time.
- Remember that eating large portions of plant food on an empty stomach may cause diarrhea, nausea, or cramps. Two good examples are green apples and wild onions. Even after testing food and finding it safe, eat in moderation.

Avoid plants with the following characteristics:

- Milky sap (dandelion has milky sap but is safe to eat and easily recognizable).
- Spines, fine hairs, and thorns (skin irritants/contact dermatitis). Prickly pear and thistles are exceptions. Bracken fern fiddleheads also violate this guideline.
- Mushrooms and fungus.
- Umbrella shaped flowers (hemlock is eliminated).
- Bulbs (only onions smell like onions).
- Grain heads with pink, purplish, or black spurs.
- Beans, bulbs, or seeds inside pods.
- Old or wilted leaves.
- Plants with shiny leaves.
- White and yellow berries (some are edible, test before eating.)
- Almond scent in woody parts and leaves.

**Test procedures:**

Test all parts of the plant for edibility. Some plants have both edible and inedible parts. NEVER ASSUME a part that proved edible when cooked is edible raw, test the part raw before eating. The same part or plant may produce varying reactions in different individuals.

- Test only 1 part of a plant at a time.
- Separate the plant into its basic components (stems, roots, buds, and flowers).
- Smell the food for strong acid odors. Remember, smell alone does not indicate a plant is edible or inedible.
- Do not eat 8 hours before the test and drink only purified water.
- During the 8 hours you abstain from eating, test for contact poisoning by placing a piece of the plant on the inside of your elbow or wrist. The sap or juice should contact the skin. Usually 15 minutes is enough time to allow for a reaction.
- During testing, take nothing by mouth except purified water and the plant you are testing.
- Select a small portion of a single part and prepare it the way you plan to eat it.
- Before placing the prepared plant in your mouth, touch a small portion (a pinch) to the outer surface of your lip to test for burning or itching.
- If after 3 minutes there is no reaction on your lip, place the plant on your tongue and hold it for 15 minutes.
- If there is no reaction, thoroughly chew a pinch and hold it in your mouth for 15 minutes (DO NOT SWALLOW). If any ill effects occur, rinse out



your mouth with water.

- If nothing abnormal occurs, swallow the food, and wait 8 hours. If any ill effects occur during this period, induce vomiting and drink a water and charcoal mixture.
- If no ill effects occur, eat $\frac{1}{4}$ cup of the same plant prepared the same way. Wait another 8 hours. If no ill effects occur, the plant part as prepared is safe for eating.

CAUTION: Cook underground portions, when possible, to reduce bacterial contamination and ease digestion of their generally high starch content. During evasion, you may not be able to cook. Concentrate your efforts on leafy green plants, ripe fruits, and above ground ripe vegetables not requiring significant preparation.

FOOD PREPARATION:

Mammals:

- Remove the skin and save for other uses if useful.
- Open the abdominal cavity and remove the intestines (avoid rupturing).
- Save inner organs (heart, liver, and kidneys) and all meaty parts of the brain, tongue, and eyes.
- Wash when ready to use.
- If preserving the meat, remove it from the bones.
- Unused or inedible organs and entrails may be used as bait for other game.

**Fish:**

- Scale (if necessary) and gut fish soon after it is caught.
- Insert knifepoint into anus of fish and cut open the belly.
- Remove entrails.
- Remove gills to prevent spoilage.

Birds:

- Gut soon after killing. Skin or pluck them and clean the abdominal cavity.

Insects:

- Remove all hard portions such as the legs of grasshoppers or crickets (the rest is edible.) cooking grasshopper-size insects is recommended.

Cooking:

To kill parasites, cook all wild game meats, freshwater fish, shellfish, snails, shrimp, locusts, and birds thoroughly. You can consume raw saltwater fish. Meats can be boiled (which is a more nutritious cooking method, and the resulting broth can be consumed), and empty metal cans can be used for boiling if containers are not available. Thinly sliced meat (as well as insects) can also be grilled over a low flame, including a candle flame.



Food Preservation:

Animal life can be preserved until needed as a form of food preservation. Caution should be taken when storing food in your shelter as it may attract unwanted animals. Food can be preserved for a long time in the snow at a temperature close to freezing, preventing it from spoiling (you can divide your food into meals in this case). As for short-term food preservation, here are some guidelines:

- Food wrapped in a plastic bag and placed in a cool place remains edible for several hours in the summer months.
- Below ground level, especially in shaded areas or along watercourses, is cooler than the surface.
- Wrap food in absorbent materials such as cotton and re-moisten it with evaporating water.
- Drying and smoking remove moisture and preserve the taste (cut or pound the meat into thin strips, remove fats, and use salt).

Meat from animals can be individually wrapped using clean materials, ensuring that all corners of the packaging are insect-proof. Alternatively, hang the meat in the shade, covering it to protect it from insects. Wrapped meat can also be placed inside a bag where the bag acts as an insulator and helps maintain the meat's coolness.



MEDICAL

These emergency medical procedures are for personal survival situations and assisting fellow mujahideen. Immediate First Aid Actions: Remember the ABC's: Airway / Breathing / Circulation.

Determine responsiveness as follows:

- If unconscious, arouse by shaking gently and shouting.
- If no response:
 - Keep head and neck aligned with body.
 - Roll victims onto their backs.
 - Open the airway by lifting the chin.
 - Look, listen, and feel for air exchange.
- If victim is not breathing:
 - Check for a clear airway; remove any blockage.
 - Cover victim's mouth with your own.
 - Pinch victim's nostrils closed.
 - Fill victim's lungs with 2 slow breaths.
 - If breaths are blocked, reposition airway; try again.
 - If breaths still blocked, give 5 abdominal thrusts: Straddle the victim, place a fist between breastbone and belly button, and thrust upward to expel air from stomach.
 - Sweep with finger to clear mouth.
 - Try 2 slow breaths again.

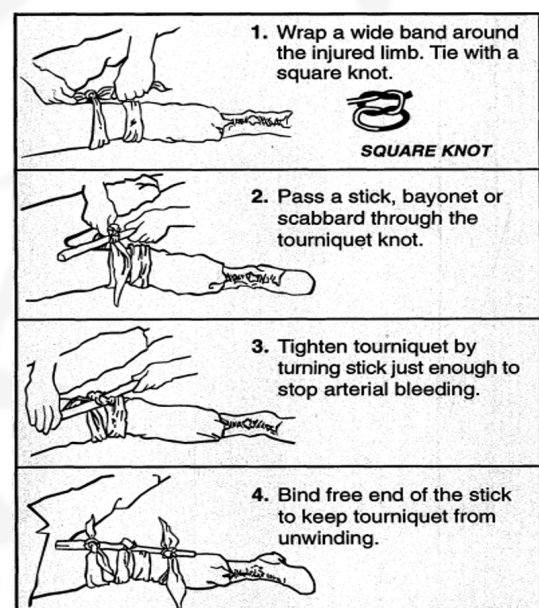


- If the airway is still blocked, repeat process until successful or exhausted.
- With open airway, start mouth to mouth breathing. Give 1 breath every 5 seconds. Check for chest rise each time.
- If victim is unconscious, but breathing:
 - Keep head and neck aligned with body.
 - Roll victim on side (drains the mouth and prevents the tongue from blocking airway).
- If breathing difficulty is caused by chest trauma, control bleeding as follows: Apply a pressure dressing. If STILL bleeding, use direct pressure over the wound and elevate the wounded area above the heart.

Application of a Pressure Dressing:

If STILL bleeding, use a pressure point between the injury and the heart. Maintain pressure for 6 to 10 minutes before checking to see if bleeding has stopped. If a limb wound is STILL bleeding:

- Apply tourniquet (TK) band just above bleeding site on limb. A band 7.5 cm or wider is best.
- Use a stick at least 15 cm long.
- Tighten only enough to stop arterial

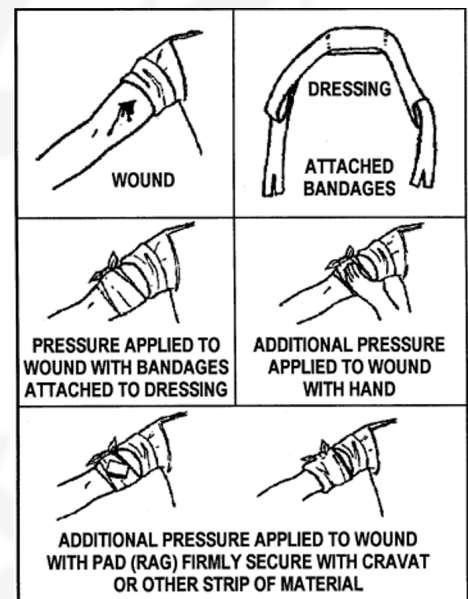




bleeding.

- If rescue or medical aid is not available for over 2 hours, an attempt to SLOWLY loosen the tourniquet may be made 20 minutes after application. Before loosening, ensure pressure dressing is in place. Leave loosened tourniquet in position in case bleeding resumes.

CAUTION: Use of a tourniquet is a LAST RESORT measure, Use ONLY when severe, uncontrolled bleeding will cause loss of life. Recognize that long-term use of a tourniquet may cause loss of limb.



Treat shock:

Shock is difficult to identify or treat under field conditions. It may be present with or without visible injury.

- Identify by one or more of the following:
 - Pale, cool, and sweaty skin.
 - Fast breathing and a weak, fast pulse.
 - Anxiety or mental confusion.
 - Decreased urine output.
- Maintain circulation.
- Treat underlying injury.
- Maintain normal body temperature by:
 - Remove wet clothing.



- Give warm fluids (DO NOT give fluids to an unconscious victim or if they cause victim to gag).
- Insulate from ground.
- Shelter from the elements.
- Place conscious victim on back.
- Place very weak or unconscious victim on side, this will allow mouth to drain and prevent tongue from blocking airway.

Treat chest injuries:

- **Sucking chest wound:** This occurs when chest wall is penetrated; may cause victim to gasp for breath; may cause sucking sound; may create bloody froth as air escapes the chest. Do the following:
 - Immediately seal wound with hand or airtight material.
 - Tape airtight material over wound on 3 sides only to allow air to escape from the wound but not to enter.
 - Monitor breathing and check dressing.
 - Lift untapped side of dressing as victim exhales to allow trapped air to escape, as necessary.
- **Flail chest:** Results from blunt trauma when 3 or more ribs are broken in 2 or more places. The flail segment is the broken area that moves in a direction opposite to the rest of chest during breathing. Do the following:
 - Stabilize the flail segment by placing rolled-up clothing or bulky pad over site and tape it to site (DO NOT wrap tape around chest).
 - Have victim keep segment still with hand pressure.
 - Roll victim onto side of flail segment injury.



- **Fractured ribs:** Encourage deep breathing (painful, but necessary to prevent the possible development of pneumonia).

Treat fractures, sprains, and dislocations:

- Control bleeding.
- Remove watches, jewelry, and constrictive clothing.
- If fracture penetrates the skin:
 - Clean wound by gentle irrigation with water.
 - Apply dressing over wound.
- Position limb as normally as possible.
- Splint in position found (if unable to straighten limb).
- Improvise a splint with available materials:
 - Sticks or straight, stiff materials from equipment.
 - Body parts (for example, opposite leg, arm-to-chest).
- Attach with strips of cloth, parachute cord, etc.
- Keep the fractured bones from moving by immobilizing the joints on both sides of the fracture. If fracture is in a joint, immobilize the bones on both sides of the joint.

CAUTION: Splint fingers in a slightly flexed position, NOT in straight position. Hand should look like it is grasping an apple.



Common Injuries and Illnesses:

Burns:

- Cool the burned area with water (use immersion or cool compresses and avoid aggressive cooling with ice or frigid water).
- Remove watches, jewelry, constrictive clothing.
- DO NOT remove embedded, charred material that will cause burned areas to bleed.
- Cover with sterile dressings.
- DO NOT use lotion or grease.
- Avoid moving or rubbing the burned part.
- Drink extra water to compensate for increased fluid loss from burns.
(Add 1/4 teaspoon of salt [if available] to each liter of water.)
- Change dressings when soaked or dirty.

Eye injuries:

- Sun/snow blindness (gritty, burning sensation, and possible reduction in vision caused by sun exposure):
 - Prevent with improvised goggles.
 - Treat by patching affected eye(s). Check after 12 hours. *Replace patch for another 12 hours if not healed.
 - Use cool compresses to reduce pain.



- Foreign body in eye:
 - Irrigate with clean water from the inside to the outside corner of the eye.
 - If foreign body is not removed by irrigation, improvise a small swab. Moisten and wipe gently over the affected area.
 - If foreign body is STILL not removed, patch eye for 24 hours and then reattempt removal using steps (a) and (b).

Heat injuries:

- Heat cramps (cramps in legs or abdomen).
 - Rest.
 - Drink water. Add 1/4 teaspoon of salt per liter.
- Heat exhaustion (pale, sweating, moist, cool skin).
 - Rest in shade.
 - Drink water.
 - Protect from further heat exposure.
- Heat stroke (victim disoriented or unconscious, skin is hot and flushed [sweating may or may not occur], fast pulse).
 - Cool as rapidly as possible (saturate clothing with water and fan the victim). Remember to cool the groin and armpit areas. (Avoid overcooling.)
 - Maintain airway, breathing, and circulation.



Cold injuries:

- **Frostnip and frostbite:** They are progressive injuries. Ears, nose, fingers, and toes are affected first. Areas will feel cold and may tingle leading to numbness that progresses to waxy appearance with stiff skin that cannot glide freely over a joint. Frost nipped areas rewarm with body heat. If body heat WILL NOT rewarm area in 15 to 20 minutes, then frostbite is present and medical treatment is required.

CAUTION: In frostbite, repeated freezing and thawing causes severe pain and increases damage to the tissue. DO NOT rub frozen tissue. DO NOT thaw frozen tissue.



**Hypothermia:**

Is a progressive injury, starts as intense shivering with impaired ability to perform complex tasks leads to: violent shivering, difficulty speaking, sluggish thinking, leads to: muscular rigidity with blue, puffy skin; jerky movements, leads to: coma, respiratory and cardiac failure. Protect victim from the environment as follows:

- Remove wet clothing.
- Put on dry clothing (if available).
- Prevent further heat loss.
- Cover top of head.
- Insulate from above and below.
- Warm with blankets, sleeping bags, or shelter.
- Warm central areas before extremities.
- Place heat packs in groin, armpits, and around neck.

Snakebite:

- Nonpoisonous:
 - Clean and bandage wound.
- Poisonous:
 - Remove constricting items.
 - Minimize activity.
 - DO NOT cut the bite site; DO NOT use your mouth to create suction.
 - Clean bite with soap and water; cover with a dressing.
 - Overwrap the bite site with a tight (elastic) bandage. The intent is to slow capillary and venous blood flow but not arterial flow. Check for



pulse below the overwrap.

- Splint bitten extremity to prevent motion.
- Treat for shock
- Position extremity below level of heart.
- Construct shelter if necessary (let the victim rest).
- For conscious victims, force fluids.

Skin injuries:

- Skin irritants (includes poison oak and poison ivy):
 - Wash with large amounts of water. Use soap (if available).
 - Keep covered to prevent scratching.
- Infection:
 - Keep wound clean.
 - Use iodine tablet solution or diluted betadine to prevent or treat infection.
 - Change bandages as needed.

Intestinal injuries:

- Drink more water and follow a liquid diet.
- Take charcoal. Make a paste by mixing fine charcoal particles with water; this may help alleviate symptoms by absorbing toxins.



» Praise be to Allah, by whose blessings righteous deeds are accomplished «

With best regards from your brothers at

Al-Saqri Foundation for Military Sciences



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